



Skating on thin ice

Mild forecast puts city officials on edge about opening the Emera Oval on Saturday PAGE 4

CELEB BUCKET LISTS FOR DOOMSDAY

IT'S THE END OF THE WORLD AS WE KNOW IT, AND COMMUNITY'S JOEL MCHALE FEELS FINE PAGE 11



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Tuesday, December 18, 2012



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‘It hit close to home’

Sandy Hook. HRM parents ‘emotional’ over shooting but most feel safe about school security here

Holding the hand of her little girl as they walked along the sidewalk, a Halifax mother spoke openly about the fear she felt when she heard of the horrific shooting at an elementary school in Connecticut last week.

“I have to say I’ve been very emotional about it and I hope something changes.... It hit close to home,” said the woman, who wouldn’t give her name, as she stood outside St. Joseph’s-A. McKay School, where her daughter is in grade primary.

“It’s a concern for every parent. I realized today that our kids are a target.”

She said she was glad to hear the Halifax Regional School Board was sending a letter home to parents Monday and addressing their concerns.

“I was hoping to see something, so that’s great. It’s really appropriate,” she said.

Last Friday, a man opened fire in Sandy Hook Elementary School in Newtown, Conn., and killed 27 people, 20 of whom were six- and seven-year-olds.

The gunman, who police be-

Quoted

“Terrible events happen everywhere ... but I’m gracious for the country that I live in and I do feel safe with my children at school.”

Alice Patterson

lieve shot and killed his mother before he went to the school, and then killed himself, has been identified as 20-year-old Adam Lanza.

Linda Lane was also picking up her children at St. Joseph’s on Monday, but said she wasn’t worried about sending them to school because she feels they’re safe there.

“I think it’s a different environment here,” Lane said, comparing schools in Canada and the United States.


“It would be interesting for the school boards to look into if the schools are left open in the daytime,” Lane later added. “If that should be something that we should continue to do.”

Alice Patterson, 29, has two children in Grade 1 at St. Joseph’s, and said she isn’t worried about a similar event happening here. “It’s different here from the States, I’ve realized,” Patterson said. HALEY RYAN/METRO

Additional coverage on pages 3 & 6



Three women embrace as they arrive for the funeral service for six-year-old Noah Pozner on Monday in Newtown, Conn. Noah was one of 20 children killed in a school shooting Friday. SPENCER PLATT/GETTY IMAGES



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Officials reassure parents provincial schools are safe

Shooting. 'We have to look at Connecticut and say, "What can we learn,"' says provincial safety adviser



HALEY RYAN
haley.ryan@metronews.ca

As schools across the province flew their flags at half-mast Monday out of respect for students and staff killed at Sandy Hook Elementary, the province took time to reassure parents that its classrooms are safe.

"We're very well prepared," said Const. Mark Young, school safety adviser for the Nova Scotia Department of Education, on whether schools have a plan in place to deal with a situation like the shooting at the elementary school in

Quoted

"It's not a normal day for a lot of people in our schools, and around the world, and we just want to help them."

Doug Hadley, spokesperson for the Halifax Regional School Board

Connecticut.

Young told reporters in Halifax all schools are required to have an emergency-action plan that follows provincial guidelines. Principals can tailor their plan specifically to the size, location and type of school they have.

Young said students practise this plan at least twice a year, which typically involves locking the classroom door or barricading it, then standing in a corner where you can't be seen from the hallway.

"We don't have solid walls or bullet-proof glass, and I

don't think we want to go down that road, necessarily," Young said.

Last Friday, a man opened fire in Sandy Hook Elementary School in Newtown, Conn., and killed 27 people, 20 of whom were six- and seven-year-olds.

Premier Darrell Dexter sent sympathies Monday to the governor of Connecticut on behalf of Nova Scotians, and offered any support the state required.

"Our hearts go out to the victims, their families, the community of Newtown and all the people of Connecticut who undoubtedly are still trying to come to terms with this shocking and unthinkable act," Dexter said in a statement.

The Halifax Regional School Board also sent a letter home Monday reassuring parents emergency plans are in place, and advising how to talk about the tragedy with their children.



Provincial school safety officer Const. Mark Young speaks with reporters at the Department of Education building on Monday. JEFF HARPER/METRO

Community groups awarded court costs



The site of the former St. Patrick's Alexander School. METRO FILE

HRM and a private developer have been ordered to pay more than \$30,000 in court costs to three north-end community groups.

Nova Scotia Supreme Court Justice David MacAdam ruled Monday that the North End Community Health Association, the MicMac Native Friendship Society and the Richard Preston Centre for Excellence Society were owed \$30,125.72 for their battle to overturn the city's sale of a former school to Jono Developments.

The three groups went to court to contest the St. Patrick's-Alexandra sale after

council approved it in January, arguing HRM had not followed its own rules for disposing of surplus property.

MacAdam sided with the community groups in September, and regional council voted not to appeal the decision in late October.

Ray Larkin, who represented the three community groups in court, said it's been an "expensive process."

"Our firm acted completely pro bono but we're entitled to recover these costs for our client's benefit," he said. "I'm sure they'll be pleased."

Representatives of the three community groups

Ruling

The ruling makes HRM responsible for 75 per cent of the award, with the balance to be covered by Jono Developments.

were not available for comment Monday.

Council's decision in October not to appeal the Supreme Court ruling means the process of selling the shuttered school will have to start over.

The community groups have said they plan to submit a bid. RUTH DAVENPORT/METRO

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A city worker adds to the base layer on the Emera Oval on Monday. HRM is set to open the oval this Saturday, weather permitting. JEFF HARPER/METRO

Pray for cold: Oval could open for skating on Saturday

Touch and go. Mild forecast could derail process of building up minimum layer needed for skating



RUTH DAVENPORT
ruth.davenport@metronews.ca

City officials expressed cautious optimism that the Emera Oval could be ready for action by Saturday.

Sub-zero temperatures over the weekend allowed crews to get a base layer of ice on the pad, and officials hope the minimum thick-

ness needed for skating can be achieved over the next few days.

"With the forecasted weather, it makes it somewhat of a challenge as we are going into milder temperatures for the rest of the week," oval manager John Henry said.

Temperatures in Halifax are expected to hover between 3 and 5 C, with showers on the way for the rest of the week.

Ice can be sustained at those temperatures if it's already made, but it can be made from scratch only if the mercury drops below zero for several days at a stretch.

"The full thickness that

Fingers crossed

"It's looking promising. We are kind of held to what's happening with the weather."

John Henry, Emera Oval manager

we get at the maximum would be two inches, and we're probably at one-half to three-quarters of an inch at this point," Henry said.

"Once we hit the one inch of ice, we're in the feel where we can put folk on it."

Henry said it should become clear by mid-week whether the oval can open

for the season on Saturday — which is forecast to be grey and soggy.

"You can certainly never abide by this, but the long-range forecast for Saturday really looks not conducive for an event, particularly skating," he said.

"So we'll have to see what happens as we get closer to that time."

If the weather does decide to co-operate, the city will hold several events at the oval throughout the coming winter, including a New Year's Eve celebration.

Follow Ruth Davenport on Twitter @ncnvenientruth

Making snow

One ski hill open, one to go

Both ski hills in Nova Scotia should be open by the weekend.

Martock operations manager Andrew MacLean said Monday that crews were able to make enough snow to open one main trail and half the bunny hill for business on Saturday.

"As far as Nova Scotia skiers and snowboarders go, they understand that

we work really hard to get open," MacLean said. "They showed up and had a great weekend."

He said the rest of the trails, with a base of one to 1.2 metres of snow, are being groomed and should be ready by Wednesday. "The colder the weather, the more efficiently we can make snow," he said. "And the lower the humidity, the more efficiently we can make snow."

No one was available for comment at Wentworth, but the ski hill's website says the opening day is Wednesday.

RUTH DAVENPORT/METRO

Tied with Christy Clark. Dexter one of three least popular premiers: Poll

Premier Darrell Dexter is one of Canada's three least popular premiers as the year draws to a close, an Angus Reid survey says.

Dexter received an approval rating of 31 per cent, tied with Christy Clark of B.C., and ahead of Ontario's Dalton McGuinty, at 23 per cent.

Saskatchewan's Brad Wall was the most popular premier, with an approval rating of 67 per cent.

Nova Scotia Liberal leader Stephen McNeil was the high-



Darrell Dexter METRO FILE

est-rated opposition-party leader in Canada, tied with B.C.'s NDP leader, Adrian Dix, at 53 per cent. **METRO**

Top 15 list. Halifax Shopping Centre among country's best malls: Flare

The Halifax Shopping Centre has been named one of the best malls in Canada.

Flare magazine on Monday released its list of the top 15 shopping malls in the country.

In a release, Stephanie Guilfoyle, director of marketing at the Halifax Shopping Centre, called the results a credit to staff, retailers and shoppers.

Over the past year, the mall has added several new big-name retailers, including

Shoppers' paradise

170

The number of stores in the Halifax Shopping Centre.

cosmetics giant Sephora, Hollister, Victoria's Secret and Apple.

The release says sales per square foot have doubled over the past 15 years.

METRO

Lawsuit. Hearing delayed for man suing N.S. Home for Colored Children

A Nova Scotia Supreme Court hearing involving a former resident of the Nova Scotia Home for Colored Children has been delayed.

A hearing had been set for Tuesday to hear the Children's Aid Society motion to dismiss a lawsuit by Tony Smith that names the society as a defendant.

Smith is one of dozens of former residents at the orphanage who says he was sexually and physically abused by staff.

The CAS argued Smith's suit was filed too long after the alleged abuse happened, and is asking for a summary judgment.

Smith said on Monday that the hearing would be held in late March.

Earlier this year, 63 former residents applied for a class-action lawsuit against the home and the provincial government. A certification hearing was held in October. More than 100 people are now a part of the bid for a class action. **METRO**

\$4,000 bail money

Man released on bail after meth lab dismantled

A 26-year-old man facing charges in connection with a methamphetamine lab has been released from custody on \$4,000 bail.

Lance Gordon Phillips of Hilden, Colchester Co., was arrested last week after police raided and dismantled the lab in Salmon River.

They say the lab is the first of its kind found in Nova Scotia.

In addition to being charged with unlawfully possessing chemicals known to produce methamphetamine and unlawfully producing methamphetamine, Phillips is now also charged with firearms offences.

Police say they found a loaded shotgun and loose ammunition while searching his car.

THE CANADIAN PRESS

Killing. Men charged in Jessome homicide to remain in jail until 2013



Laura Jessome's mother, Edna, right, and sister Deanna Marie. CAPE BRETON POST

The two Glace Bay men charged in connection with the death of 21-year-old Laura Jessome have had their cases adjourned until the new year.

Both Brian Augustine Deruelle, 37, and Robert Edwin Matheson, 49, are charged with accessory after the fact to murder. The charges were laid by Cape Breton Regional Police over the weekend.

Deruelle will return to Sydney provincial court Jan. 2 for a bail hearing, while Matheson's case has been adjourned until Jan. 8 for election and plea. Both men have been remanded to the Cape Breton Correctional Centre until their cases return to court.

They appeared via video link from the correctional centre Monday morning.

Jessome's family, including her mother, Edna Jessome, was whisked from the courtroom to a side door without speaking to reporters.

The charge of accessory after the fact to murder carries with it a maximum sentence of life imprisonment for 25 years. Unlike a charge of murder, which carries a mandatory life sentence.

Jessome's body was discovered inside a hockey bag on the Mira River May 25.

She was last seen alive May 2 in the New Aberdeen area of Glace Bay.

CAPE BRETON POST



The front of Mighty Small Cars on Windmill Road in Dartmouth sustained heavy damage to the front of their storefront in a robbery that happened early Monday morning. JEFF HARPER/METRO

Thieves make off with remote-controlled cars

Wits' end. Dartmouth business owner furious after three break-ins in less than a year

Quoted

"People will say that insurance will cover it. It doesn't really work that way. I can't keep going back to them."

Geoff Davis, Mighty Small Cars

Three break-ins over 10 months.

Geoff Davis knows he has a mighty challenge on his hands: figuring out a way to keep his Dartmouth business Mighty Small Cars theft proof.

"I don't know what I have to do here," said Davis. "After the first break-in, I put steel bars on the windows. You feel like you're living in the middle of downtown Detroit."

"Now somebody drives a vehicle through the wall to get in. Some idiots were Christmas shopping."

When police arrived at his Windmill Road business early Monday morning, they found the front doors smashed in by a vehicle. The two occupants stole thousands of dollars worth of remote-controlled cars and drove away in the battered automobile. Police

spent Monday studying surveillance tape of the robbery but wouldn't disclose the type of vehicle or description of the thieves.

The business had already been broken into twice, on March 1 and just a few weeks later on March 26.

"You can imagine how frustrated I am," said Davis.

Though rare, Halifax Regional Police spokesman

Const. Pierre Bourdages said thieves sometimes use a vehicle to force entry into a location. But usually they're stolen and left at the scene.

"It's not a common thing. It does happen from time to time," said Bourdages.

Though discouraged, Davis said he has no plans of moving or shutting down the business he's operated since 1990.

In fact, he plans to devote more time to it now that he just retired from his government job.

"This has just taken a little of the fun out of it for now, that's all," he said.

ANDREW RANKIN/METRO

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Gun control. Debate simmers as Democrats call for ban on assault rifles

A U.S. senator and lifelong member of the National Rifle Association became the most prominent gun-rights advocate to speak out after last week's school shooting, saying Monday it was time for the debate to move beyond political rhetoric and begin an honest discussion about reasonable restrictions on guns.

As many gun-rights advocates and politicians remained silent, the killing of 20 children as young as six years old led conservative Democratic Sen. Joe Manchin to speak out Monday.

"Never before have we seen our babies slaughtered. It's never happened in America that I can recall, seeing this carnage," Manchin told MSNBC. "Anybody that's a proud gun owner, a proud member of the NRA, they're also proud parents, they're proud grandparents. They understand this has changed

where we go from here."

The self-described "proud outdoorsman and hunter" added, "I don't know anyone in the sporting or hunting arena that goes out with an assault rifle, I don't know anybody who needs 30 rounds in a clip to go hunting."

Democrats say the "meaningful action" Obama has spoken of in the wake of last week's shooting must include a ban on the military-style assault weapons and a look at how the country deals with individuals suffering from serious mental illness.

Gun control was a hot topic in the early 1990s, when Congress enacted a 10-year ban on assault weapons. But since that ban expired in 2004, few Americans have wanted stricter laws, and politicians say they don't want to become targets of a powerful gun-rights lobby.

THE ASSOCIATED PRESS



Students embrace while wearing Newtown school sweaters outside the funeral for six-year-old student shooting victim Jack Pinto in Newtown, Conn., Monday. Friday's shooting has brought the gun control debate in the U.S. to a boiling point. CHARLES KRUPA/THE ASSOCIATED PRESS

Students mourn slain classmates

Connecticut shooting.

Gunman's motive still unknown, but investigators believe he attended Sandy Hook

The Connecticut town shattered by last week's school massacre held its first two funerals Monday, as officials weren't sure whether the school itself would ever reopen. Nervous students and teachers across the U.S. returned to classrooms under tighter security.

Family, friends and townspeople streamed out of two fu-

Coping with fear

"I don't want to see my kids go to schools that become maximum-security fortresses. That's not the world I want to live in, and that's not the world I want to raise them in."

Noah Pozner mourner Ray DiStephan

neral homes after saying goodbye to Jack Pinto, who loved the New York Giants football team, and Noah Pozner, who liked to figure out how things worked mechanically. Friends and loved ones headed for two cemeteries afterward.

In front of the funeral home where relatives were

mourning Noah, well-wishers placed two teddy bears, a bouquet of white flowers and a single red rose at the base of a maple tree. Hymns rang out from inside the funeral home where Jack's service was being held. "The message was: You're secure now. The worst is over," one mourner, Gwendolyn

Glover, said.

The boys were being buried a day after the small community of Newtown came together for a vigil where President Barack Obama said he will use "whatever power" he has to prevent similar massacres.

"What choice do we have?" he said. "Are we really prepared to say that we're powerless in the face of such carnage, that the politics are too hard?"

Obama has given no specifics on what he might do, and White House spokesman Jay Carney warned that "no single piece of legislation or action will fully address the problem." THE ASSOCIATED PRESS



Tasha Devoe, left, of Lawrence, Mass., joins a march to the National Rifle Association headquarters on Capitol Hill in Washington, Monday. Curbing gun violence will be a top priority of President Barack Obama's second term, aides say. MANUEL BALCE CENETA/THE ASSOCIATED PRESS

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Tracking ID chips

Judge to decide if students can be booted for tracking-badge refusal

A federal judge is mulling whether a Texas high school that requires students to wear tracking badges can remove students who refuse to comply.

U.S. District Judge Orlando Garcia on Monday didn't immediately decide whether San Antonio's Northside school district has the right to transfer 15-year-old Andrea Hernandez to another campus. The sophomore is refusing to join 4,200 other students wearing mandatory student IDs implanted with tracking chips. THE ASSOCIATED PRESS

Death row

Ottawa requests clemency for U.S. inmate

The Canadian government has sent a letter to Montana's governor requesting that he spare the life of death-row inmate Ronald Smith.

The Dec. 10 letter from Foreign Affairs Minister John Baird to Montana's outgoing Gov. Brian Schweitzer is almost identical to one sent to the Montana Board of Pardons and Parole a year ago prior to the Alberta man's clemency hearing.

"The government of Canada does not sympathize with violent crime and this letter should not be construed as reflecting a judgment on Mr. Smith's conduct," writes Baird.

THE CANADIAN PRESS

Trial delay

Quebec election-night shooter refusing to speak with psychiatrist

The man charged in Quebec's election-night shooting has refused to speak to a French-speaking psychiatrist, causing a delay in his case.

Richard Henry Bain was expected to receive the results of his assessment on Monday to determine whether he was fit to stand trial.

But the case was put off until Jan. 11 while the hospital that conducts the evaluation finds a different doctor.

Bain will remain at Montreal's Pinel Institute until then.

Bain faces 16 charges, including first-degree murder. THE CANADIAN PRESS

Hollywood hacker gets 10 years

Operation Hackerazzi.
Man sentenced after yearlong investigation into hacking of celebrity accounts

A U.S. federal judge on Monday sentenced a man who hacked into the personal online accounts of Scarlett Johansson, Mila Kunis and other women to 10 years in prison.

U.S. District Judge S. James Otero sentenced Christopher Chaney in Los Angeles after hearing from a tearful Johansson in a videotaped statement.

The biggest spectacle in the case was the revelation that nude photos taken by Johansson herself and meant for her then-husband Ryan Reynolds were placed on the Internet.

Chaney, 35, of Jacksonville, Fla., pleaded guilty to counts that included wiretapping and unauthorized access to a computer.

Chaney also targeted two women he knew, sending nude pictures of one former co-worker to her father.

The women, who both knew Chaney, said their lives have been irreparably damaged by his actions. One has anxiety and panic attacks; the other is depressed and paranoid. Both say Chaney was calculated, cruel and creepy.

Their accounts as cyber-victims serve as a cautionary tale for those who snap personal, and sometimes re-



Scarlett Johansson GETTY IMAGES FILE

vealing, photos.

Christina Aguilera said in a statement issued days before the sentencing that although she knows that she's often in the limelight, Chaney took from her some of the private moments she shares with friends.

"That feeling of security can never be given back and there is no compensation that can restore the feeling one has from such a large invasion of privacy," Aguilera said.

Prosecutors said Chaney illegally accessed the email accounts of more than 50 people in the entertainment industry between November 2010 and October 2011.

Aguilera, Kunis and Johansson agreed to have their identities made public with the hopes that the exposure about the case would provide awareness about online intrusion. **THE ASSOCIATED PRESS**



It's beginning to look a lot like Christmas ... in Singapore

A woman poses for a photograph with a Christmas tree on display at Orchard Road on Monday in Singapore. CHRIS MCGRATH/GETTY IMAGES

France. Actor Depardieu fuels tax-exile debate

French President Francois Hollande is saluting entrepreneurs who set up businesses in the country amid a fierce debate about whether high taxes are leading wealthy French to leave.

Hollande's plans to raise a slew of new taxes, including a 75 per cent bracket for revenue of more than one million euros, have raised grumbles.

The debate intensified when actor Gerard Depardieu announced he had moved

to tax-friendly Belgium and would renounce his French citizenship.

Prime Minister Jean-Marc Ayrault called the move "pathetic," but Hollande wouldn't cast aspersions.

Instead, in a speech Monday, he said: "I want to salute the values of those who no doubt have lots but agree to pay their taxes in France, to produce in France, to create jobs in France, to serve their country." **THE ASSOCIATED PRESS**

Newfoundland. Province OKs hydroelectric project

Official approval in Newfoundland and Labrador and Nova Scotia has pushed the Muskrat Falls hydro megaproject from an idea three decades in the planning toward a \$7.7-billion venture billed as Canada's new energy warehouse.

Premier Kathy Dunderdale, speaking at the provincial legislature Monday in St. John's, said the decision marks a significant day in the province's history.

The development is a joint

venture between Newfoundland Crown corporation Nalcor Energy and Nova Scotia private utility company Emera.

It would involve the construction of a dam and power station in Labrador, transmission lines on the island of Newfoundland and a 180-kilometre subsea link that would transmit electricity from southwestern Newfoundland to Cape Breton. It is expected to begin generating power in 2017. **THE CANADIAN PRESS**

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After eight months, mom has her missing kids back for Christmas

Reunited. Horror began in April when her children were not returned from a trip to her native Zimbabwe

A Toronto mom reunited with her two kids after eight months broke down Monday as she thanked those who helped bring the family back together in time for the holidays.

Biatra Muzabazi said she thought she would never get her boy and girl back from Zimbabwe, where they had gone on vacation in April but not returned.

Police allege family members hid the pair at a Zimbabwean boarding school.

"I never thought (I'd see) my children again," Muzabazi said, clutching her kids and choking back tears.

"You made it possible for me to be with my children for Christmas."

Det.-Const. Shari Nevills,



Biatra Muzabazi is able to smile with children Shane, 4, and Rene, 7. RENE JOHNSTON/TORSTAR NEWS SERVICE

the lead investigator, said it was a steep learning curve dealing with Zimbabwean laws.

"I had several moments when I really didn't think these

kids were coming home," Nevills said.

Police decided the best way to effect a possible return was to send Muzabazi to Zimbabwe, even raising the money

to help make that happen.

Muzabazi's mother, who lives in the southern African country, helped obtain needed documentation and Zimbabwean authorities accepted the

children belonged with their mother in Canada.

However, the paternal family wasn't ready to turn them over.

At one point, as Muzabazi waited outside the boarding school, a family member took the kids and fled.

Running out of money, the distraught mother said she was on the verge of giving up and returning to Canada without her children.

Then, the Canadian embassy in Harare called her last week to say the children had been dropped off there.

"I just started crying. I couldn't believe it," she said.

As the wide-eyed young ones clutched their mother and watched the throng of news people, Muzabazi said her daughter still appears fretful about any separation.

"She just can't go far away from me," Muzabazi said. "She just wants to be with me all the time."

A criminal investigation was ongoing, police said.

THE CANADIAN PRESS

Background

Kids kept a world away

The saga began in April, when Rene, 7, and Shane, 4, went for a visit to Muzabazi's native Zimbabwe, something that had occurred several times before without incident.

This time, however, the divorced mother began to worry when the children, who were born in Mississauga, Ont., were not returned to Canada as scheduled.

Instead, paternal family members placed the kids in a Zimbabwean boarding school, which actively hid them from local authorities, police allege.

In September, the worried mother approached Toronto police.

THE CANADIAN PRESS

Police bias let Pickton keep killing: Inquiry

The families of Robert Pickton's victims have received public confirmation of something they already knew: if their daughters, sisters and mothers weren't poor, drug-addicted sex workers from Vancouver's Downtown Eastside, many of them aboriginal, some of them might still be alive.

If they were a different group of women, living in other, richer parts of town, the police would have done more to find the killer. The public would have been outraged.

Commissioner Wally Oppal comes to that devastating conclusion in his final report from a public inquiry into the case, concluding systemic bias towards Downtown Eastside sex workers was a key factor that allowed Pickton to spend years hunting his victims.

"These women were vulnerable; they were treated as throwaways," Oppal said Monday as he released his findings.

When relatives and friends attempted to report those women missing, officers and staff with the Vancouver police department told them the women were transient drug addicts who weren't in



RCMP delayed interviewing Robert Pickton, above, because he was "busy" on the farm, a report says.

THE CANADIAN PRESS FILE

any trouble or were simply on vacation.

Yet Oppal declined to single out specific officers, instead suggesting the bias was unconscious and didn't lead to an overt decision to ignore Vancouver's missing women.

The 1,448-page report chronicles years of critical mistakes and poor leadership within the Vancouver police and the RCMP.

Among other problems, Oppal criticized authorities for being reluctant to accept the possibility of a serial killer, handing the investigation

to untrained officers, halting work for months at a time and assuming the disappearances stopped before they did.

He made 63 recommendations, including a regional police force for the greater Vancouver region and policy changes to ensure they reflect the needs of impoverished women.

Justice Minister Shirley Bond promised not to allow the report's calls for change to remain unfulfilled.

"It is my ardent hope that British Columbia never has another chapter like this in its history," Bond, her voice breaking, told the same roomful of reporters that gathered to hear Oppal.

Bond said the government would implement Oppal's call for immediate funding for a 24-hour centre in the Downtown Eastside for sex workers by announcing \$750,000 to help the WISH drop-in centre expand its service. She also said planning will begin to address Oppal's call for a transportation service along the so-called Highway of Tears, a notorious stretch of highway in the province's north where a long list of women and girls have vanished or been found murdered.

THE CANADIAN PRESS

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Public consultation

CRTC wants input on 911 service

The CRTC is asking Canadians for ideas on how to improve the 911 emergency service in light of changing technology.

The Canadian Radio-television and Telecommunications Commission said it will review the findings of the public consultation by the end of next May. "Each year, the 911 system is relied upon by thousands of Canadians during emergency situations," commissioner Tim Denton said in a news release.

Denton will conduct research on 911 services in light of the telecommunications system's evolution to next-generation networks based on Internet protocol.

THE CANADIAN PRESS

Discount travel

Air Canada sets launch date for new carrier

Air Canada plans to launch its new low-cost airline Tuesday in Toronto. The company gave few details but promised more information would be released at the event. Air Canada executives will be on hand and the company will also host a vacation giveaway in downtown Toronto.

The unnamed discount carrier will focus on leisure destinations in the United States and Caribbean and some routes in Europe.

It will begin operations with two Boeing 767-300ER and two Airbus A319 aircraft that will be released from Air Canada's mainline fleet. THE CANADIAN PRESS

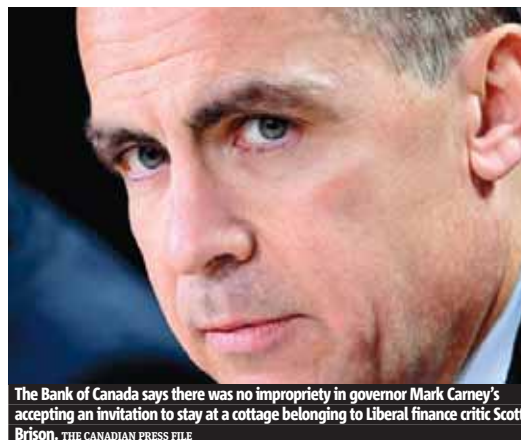
Governor's summer holiday didn't break conflict rules: BoC

Most boring cottage party ever? Carney vacationed with Liberal finance critic while he was being courted for leadership race

The Bank of Canada tried to quell questions about its governor's impartiality and judgment Monday, saying Mark Carney was not a part of conflict rules by vacationing in the summer at the cottage of the Liberal finance critic.

The central bank confirmed a weekend report that Carney stayed at Scott Brison's Nova Scotia cottage while key members of the Liberal party were courting him for the leadership.

Spokesman Jeremy Harrison said there was nothing improper in the visit, and that bank duties were not discussed. "The Bank of Canada's general counsel, who is respon-



The Bank of Canada says there was no impropriety in governor Mark Carney's accepting an invitation to stay at a cottage belonging to Liberal finance critic Scott Brison. THE CANADIAN PRESS FILE

sible for enforcing the bank's conflict-of-interest policy, has assessed that this visit does not breach the bank's conflict of interest guidelines in any way," Harrison said.

"Neither the Bank of Canada nor governor Carney have an actual or potential commer-

cial or business relationship with Mr. Brison."

Harrison added that Carney and Brison had been friends for about a decade and that the visit to the MP's cottage at Cheverie, N.S., cannot "be defined as partisan or political activity."

THE CANADIAN PRESS

RIM. Rogers begins orders for 'all-touch' BB10 devices

Rogers Communications says that its current wireless customers are now able to place orders for BlackBerry 10 smartphones.

The new BlackBerry 10 devices on offer will be "all-touch" and won't have the physical keyboard that BlackBerry users are used to typing on. But Rogers won't be providing details on pricing, availability or specifications until early in the new year.

Research In Motion has previously said an "all-touch" version of its new phones would be released first, followed by a model with a physical keyboard shortly afterward.

RIM announced separately that it's giving an invitation-only preview of the BlackBerry 10 to more than 120 select government and private-sector customers in a variety of industries.

The two announcements are part of efforts to build interest in a new generation of BlackBerrys in hopes of reviving the Canadian technology company. THE CANADIAN PRESS

Market Minute



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IT'S ACTUALLY NOT THE END OF THE WORLD



SHE SAYS...
Jessica Napier
metronews.ca

Do you have all of your affairs in order? Have you told all your friends and family just how much you love them? Because if the fear mongers are to be believed, we only have a few days left to say

our goodbyes before an apocalyptic end-of-days descends upon us all on Dec. 21.

A fate foretold by hieroglyphs and perpetuated by a terrible John Cusack disaster movie, the Mayan doomsday prophecy represents the end of the Mesoamerican long-count calendar. This so-called Day of Reckoning will bring about something (although no one is quite sure what exactly) that will mean the end of the world as we know it.

Prepping for reality

And yet, despite all the evidence to the contrary (you know, science), people around the world are very into this faux-pocalypse.

But before you get too nervous about solar flares, catastrophic floods and swarms of killer bees, just stop. NASA went and debunked the whole thing by releasing a video entitled *Why the World Didn't End Yesterday*, a whole 10 days ahead of schedule. Their official statement is something along the lines of "Our planet has been getting along just fine for more than four billion years, so everybody just relax, OK?"

And yet, despite all the evidence to the contrary (you know, science), people around the world are very into this faux-pocalypse. Alarmist bloggers are convincing people to hunker down with canned goods while New Age visionaries are purchasing one-way plane tickets to a remote village in Turkey renowned for its protective energies. And then there's that Chinese farmer who is spending hundreds of thousands of dollars building an ark as a precautionary measure — AN ARK!

I'm tempted to join in on the fun: host a doomsday pity party for myself and listen to Britney Spears' *Till the World Ends* on repeat while drowning my sorrows in a pint of Häagen-Dazs Mayan Chocolate ice cream. But, rationally, we all know that we've got nothing to worry about; we're still buying Christmas presents and making plans for New Year's Eve. I'm actually inclined to think that the whole thing might just be a way for companies to cash in on tasteless apocalypse-blowout sales and end-of-the-world-themed merchandise.

So, even though I love a good conspiracy theory, I think I'll side with our modern-day scientists over an ancient civilization and its 5,125-year-old calendar. However, if your Judgment Day predictions involve a sexy astronaut version of Ben Affleck saving us all from a rogue asteroid, you definitely have my attention.

Follow Jessica Napier on
Twitter @MetroSheSays



The Mayans never predicted the world would end Dec. 21. The date marks the end of the 13th baktun, a time to flip the calendar to the 14th baktun, a significant day and cause for celebration. PETERCASTLETON/FICKR

Do you do takeout?



SOLENT

Culinary world record

World's largest pizza is served

Five Italian chefs have set a new record for the world's largest pizza, which measured staggering 40 metres in diameter — the length of nearly three buses.

Such was the size of the massive margherita that the chefs in Rome had to bake the dough in 5,234 separate batches over a 48-hour period.

The gargantuan food item was made gluten-free in order to raise awareness about celiac disease, the most frequent food intolerance worldwide.

METRO

What's in a name



"We named the pizza Ottavia (after Roman Emperor Octavian Augustus Caesar) to symbolize the hope of a great economic and cultural revival."

Dovilio Nardi, head of the Italian chef quintet

Too cheesy?

- 8,981 kilograms of gluten-free flour, mixed with 11,274 litres of water
- 4,535 kilograms of tomato sauce
- 675 kilograms of margarine
- 250 kilograms of salt: over 40,000 times an adult's recommended daily allowance
- 3,991 kilograms of cheese
- 100 kilograms of lettuce
- 25 kilograms of balsamic vinegar
- 1,354 litres of yeast

Extra, extra large

23,224

kilograms was the total weight of this prodigious pizza. The colossal size is the same as more than 68,300 regular frozen pizzas put together.

The team broke the previous record, set in 1990 by Norwood Pick 'n Pay hypermarket in South Africa. The former record holder's pizza was made of gluten and measured 37 metres.

Online

For more of Metro's voices, visit metronews.ca.



Register at metropolitanpanel.ca and take the quick poll

If you had been the owner of the Ikea monkey, how would you have dressed it for its international debut?

60%
MY MONKEY
WOULD
REQUIRE NO
FANCY ATTIRE!

20%
I ADMIRE THE
SHEARLING
COAT — HE
KEPT IT
CLASSY

0%
IN AN UGLY CHRISTMAS
SWEATER

20%
IN AN 'I HEART
BIEBER' T-SHIRT

Twitter

@laurieburns: Who knew getting a copy of "Gone with the Wind" would be so hard to get in this city? #halifax Anyone got one I could borrow?

@lachlanbb: Jane's next door opened today on Gottingen. They have an espresso maker! #halifax

@10ley: I wish @katyperry would come to

Halifax! I would even change my pink hair if it clashed with her hair at the time! #truefan #dedication #plz

@will_english19: If it came down to it in a Memorial Cup final, i dont think halifax would beat London #truth

@JBudreski: This is the only time of year when I can say I'd like to see some #snow. #Christmas #Halifax

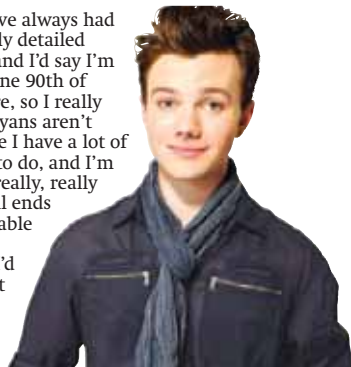
With Dec. 21 fast approaching, we ask a few celebs what they might do if they were faced with the end of the world

NED EHRBAR
Metro World News in Hollywood

CELEBRITY BUCKET LISTS

Chris Colfer (Glee)

You know, I've always had a really, really detailed bucket list, and I'd say I'm only about one 90th of the way there, so I really hope the Mayans aren't right because I have a lot of stuff I want to do, and I'm going to be really, really pissed if it all ends and I'm not able to. If I had a month left, I'd probably just go on a very expensive vacation.



Joel McHale (Community)

An end of the world bucket list? Yes. A really sturdy bucket.



Maggie Grace (Taken 2)

Honestly, one of my sort of bucket list items I just ticked off. I did a Broadway play for the first time. It was terrifying. But it's something I've wanted to do since I was 11 years old. So I at least checked one off.

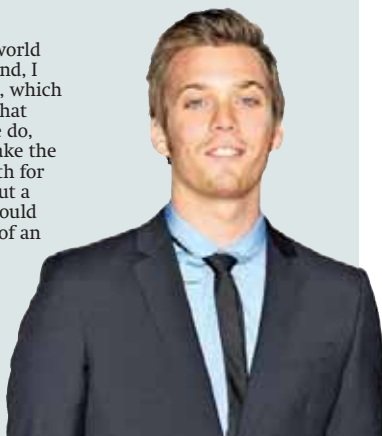


Week of Armageddon

Check out Metro all week for more stories of apocalyptic proportions.

Jake Abel (The Host)

If I knew the world was going to end, I would skydive, which is something that normal people do, but it would take the end of the earth for me. But without a parachute. I would just jump out of an airplane.



Teresa Palmer (Warm Bodies)

Oh gosh, end of the world bucket list? Yeah, I would've liked to have had a baby before the end of the world, but there's not really time for that. I'm not sure what I'm going to do. I want to jump out of a plane, for sure. I would just eat so much food, 24/7 just eat and eat and eat. Travel around the world, eating from all different cultures. That'd be amazing.



Kellan Lutz (The Twilight Saga)

No, I don't (have one), because I don't believe the world's going to come to an end. God never gave a date so I don't believe it's going to happen. So there's no need for me to make a plan B with all that. I'm just living my life every day to the fullest.



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Jason Trawick and Britney Spears

Oops! I did it again? Break up talk circulates for Britney and beau

Britney Spears' relationship with Jason Trawick may be about to end, though the X Factor host and pop star is apparently the last to know, according to Hollywood scoop.

"Jason has told Britney's entire family that he's planning to leave her so Britney

will have a support system when he breaks the bad news," a source says of the couple, who are reportedly spending the holidays apart. Trawick is said to be waiting until Spears' work on the current season of the X Factor is wrapped before dumping her.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The big ol' babies of 2012



THE
WORD
Dorothy Robinson
scene@metronews.ca

The past few days have been rough for everyone, so I'm going to dedicate today's column to some of the biggest celebrity babies who made their appearance this year. That's right: lots and lots of adorable babies! Who: Blue Ivy Carter Parents: Jay-Z and Beyoncé Given the media attention surrounding the birth of Blue Ivy, it's pretty surprising the world didn't tip off its axis when she came into the world on Jan. 7. Who: Samuel Affleck Parents: Jennifer Garner and Ben Affleck The movie-star duo wel-

comed their first son on Feb. 27. Not much is known about baby Sam, other than he'll probably be ridiculously good looking and talented. Who: Maxwell Johnson Parents: Jessica Simpson and Eric Johnson After following the longest pregnancy known to man, Simpson finally birthed baby Maxi on May 1. And now she's allegedly pregnant again. That, or maybe she's just constantly gestating. Who: Jack Pratt Parents: Anna Farris and Chris Pratt Not a lot of fanfare was made about baby Jack's somewhat premature appearance on Aug. 25. Instead of gracing any magazine covers to showboat the news, new dad Chris Pratt Tweeted this message to his followers, "It's a boy! Thanks for all your kind words. In lieu of gifts we ask that you mouth kiss a stranger."



Matt Damon ALL PHOTOS GETTY IMAGES

Matt Damon sets it straight

Matt Damon has been dodging gay rumours ever since he and best friend Ben Affleck burst on the scene with Good Will Hunting, but he's avoided acknowledging them — until now. "I never denied those rumours because I

was offended and didn't want to offend my friends who were gay — as if being gay were some kind of f---ing disease," he tells Playboy magazine. "It put me in a weird position in that sense. The whole thing was just gross."

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Last minute holiday health

Fitness. Celebrity trainer Ashley Borden has a Christmas gift for you: expert tips to avoid temptation

ROMINA
MCGUINNESS
life@metronews.ca

What was the point of kicking yourself into shape last January if you're going to let all your efforts go to waste in the last two weeks of the year?

"You should absolutely indulge during the holidays because if you restrict yourself, you'll only feel deprived and frustrated," Ashley Borden, who trains celebrities including Ryan Gosling, Christina Aguilera and Ke\$ha, tells Metro.

"The problem is that people tend to adopt an 'all or nothing' attitude and as a result, their fitness and diet completely goes out of the window."

Here's what she'd do in certain situations.

Scenario 1: There is no way I can ditch my family so I can go off and do some exercise.

"I don't believe that because you're with your family, you can't take the time out to workout," says Borden.

"Why would you turn off your life and drop the things that are actually helping you feel good? Many people find dealing with the full family dynamic both stressful and emotional — making it even more important that you set aside an hour or so each day of 'me' time where you can let off some steam.

"It may seem a little selfish, but don't care."

TIP: Focusing on yourself will make you a more productive family member because you'll feel less resentful for being locked in the house stuffing the turkey and chopping up carrots.

Scenario 2: The holidays are about switching off. I don't want to stick to a schedule.

"Normally, people find it easy to stay on track because they follow a set routine. They get up, cycle to work, have breakfast and so on," says Borden. "But during the holidays, because there isn't the same schedule and structure, diet and fitness habits can become very erratic. The assumption is that once it's all over, losing the extra weight and bloat will be easy when deep down we all know we're going to struggle. The key is to not schedule in exercise. Make loose but firm plans — book a spinning class or stock up on fruit and vegetables so you have something to snack on."

TIP: Wake up without an alarm. Have some breakfast before you do a quick 30 minute cardio workout. Once you've done that, you can relax for the rest of the day.

Scenario 3: Festive food is my favourite. I'm going to starve myself all day just so I can stuff my face at dinnertime.

"Never assume that it's OK to skip meals during the day in order to lash out at Christ-



Don't get sucked into the Santarexic habits this month. THINKSTOCK

mas dinner. This kind of behaviour will really screw up your eating patterns," warns Borden.

"Your body can't assimilate and metabolize all these calories at once and that's how you end up gaining weight. It's much easier to eat a normal dinner and allow yourself a bit of indulgence. One slice of cake won't make or break your body."

TIP: On days when you know

you're likely to over-eat, try and break a sweat for at least 20 minutes.

Scenario 4: It's impossible to workout in my hotel.

"If you're really stuck at your in-laws in the middle of no-

where, you always have your body weight to use.

Set up a mini circuit in your room — even if you have very little space, you can train for around 30 minutes by doing reverse lunges, planks or pushups.

If you want to do some cardio, pack a jump rope."

TIP: Invest in some resistance bands with handles. And, again, pack a jump rope in your luggage.

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You'll never eat a cheesecake that's so dense and rich tasting, yet so low in fat and calories. The combo of semi-sweet chocolate and cocoa powder gives this cheesecake its velvety chocolate flavour. Garnish it with fresh berries.

It comes in at 259 calories and just 10 grams of fat per serving.

1. Preheat oven to 350 F. Spray 9-inch springform pan with cooking oil.

2. Crust: Combine wafer crumbs, 2 tbsp water and oil in bowl and mix well. Pat onto bottom and slightly up sides of springform pan.

3. Filling: Combine chocolate chips and 2 tbsp water in microwaveable bowl and microwave for 40 seconds. Stir until smooth.



This recipe serves 12. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

4. Combine chocolate mix with ricotta and cream cheese, 1 cup sugar, cocoa, egg and 1/2 cup sour cream in bowl of food processor and purée until

smooth. Pour over crust. Bake 30 minutes. Centre should still be slightly loose.

5. For topping, mix sour cream

Ingredients

Crust

- 2 cups chocolate wafer crumbs
- 2 tbsp water
- 1 tbsp vegetable oil

Cheesecake

- 1/3 cup semi-sweet chocolate chips
- 2 tbsp water
- 1 1/2 cups light smooth ricotta cheese
- 3/4 cup light cream cheese
- 1 cup granulated sugar
- 1/4 cup unsweetened cocoa powder
- 1 large egg
- 1/2 cup low-fat sour cream
- 2 tbsp all-purpose flour

Topping

- 1 1/4 cups low-fat sour cream
- 2 tbsp sugar

and sugar. Carefully spoon over cake. Bake another 10 minutes. Cool on rack, then chill completely before removing the sides of the pan and serving. Top with chocolate wafer crumbs. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Health Solutions

Your holiday cheat sheet



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Oh, come on, it's the holidays! We both know you are going to eat more than you should, so let's just embrace it. I encourage my private clients to switch to a "nutrient per calorie" model when they are going to cheat. That means that if you can't keep calories low, focus on those items that are loaded with nutrients and use them to enhance your "cheats." Here are three ideas:

1. Cranberry sauce

Assuming it is homemade and not from a can (which likely means more sugar), this condiment is a great way to stretch that brownie/Nanaimo bar/cake you have on your plate. A couple of tablespoons on the side will

give you a filling, tart kick of phytonutrients and fibre. The hope is that you can now resist that second slice...

2. Spice it up

Your brain registers intense flavours more actively than bland ones. This means that adding spiciness or low calorie intensity may help you feel satisfied with less food. Think hot sauce, spicy mustard or even horseradish — all will perk up your palate!

3. Fresh herbs

Oh, I know they are often only on the platter for garnish but who says you can't hog garnish? Fresh herbs are full of chlorophyll and tummy soothing nutrients that may replace the extra space on your plate that you are tempted to fill with mashed potatoes.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Pip

5 year old Pip was originally found stray in Halifax. She has a gorgeous slate-grey coat with white accents on her bib and mitts and apple-green eyes with the tiniest milk moustache. Pip likes people, is very friendly, and will stare intently while being spoken to as though she understands every word being said. She enjoys human interactions and appreciates a gentle scratch on her head and back. Pip would love to find herself a forever home where she can be loved as the only cat in the family. She would be great for a family with members of any age as long as she was treated respectfully. Please drop by the shelter and ask about Pip.



For more information on Pip and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Treat. Chocolate Espresso Bread Pudding

1. Butter a 13 x 9-inch (3 l) glass baking dish and set aside.

2. In saucepan, combine chocolate, 2 cups (500 ml) of cream, sugar, espresso and butter and melt over medium-low heat, stirring, until everything is smooth. Remove from heat.

3. Meanwhile, place slices of bread on cutting board and cut

Ingredients

- 6 oz (170 g) dark chocolate (70% cocoa solids), chopped
- 3 cups (750 ml) 35% whipping cream, divided
- 3/4 cup (175 ml) sugar
- 1/2 cup (125 ml) freshly brewed espresso
- 1/2 cup (125 ml) butter, cut into cubes
- 12 slices (1/2-inch/1 cm thick) day-old egg bread
- 4 eggs



off crusts. Cut each slice diagonally into 4 triangles. Set aside.

4. In bowl, whisk eggs until blended. Gradually pour in chocolate mix in a thin stream, whisking to combine. Spoon a 1/2 inch (1 cm) layer of chocolate mix over bottom of prepared dish. Place half bread triangles over chocolate, overlapping slightly. Pour half of remaining chocolate mix over bread; cover with remaining bread in same pattern as before. Pour remaining chocolate mix over top. Press bread down

with fork to allow mix to coat bread. Allow dish to cool 10 mins. then cover with plastic wrap and refrigerate 24 hours.

5. To serve, preheat oven to 350 F (180 C). Remove plastic wrap from dish and bake 45 mins. or until top is crunchy and pudding is set but pudding-like in the centre. Let cool for at least 10 minutes.

6. In a chilled bowl, whip remaining cream and serve with warm pudding.

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Talk with kids about shooting, make them feel safe: Experts

Family. Following the Connecticut shooting, it's best to limit kids' exposure to media

The killings at a Connecticut elementary school left parents struggling to figure out what, if anything, to tell their children.

President Barack Obama said he and his wife, Michelle, would tell their daughters that they love them and hug them a little tighter. Experts say that's a good example to follow. Parents also should allow children to talk about their feelings in the coming days while sheltering them from the 24/7 media coverage of the event, they say.

A man gunned down more than two dozen people Friday, most of them kids at a Newtown, Conn., elementary school. The shooter was among the 28 people left dead, apparently from a self-inflicted wound.

Whitney Finucane wasn't sure how and when she would talk with her son, Nico, about

the shooting. She kissed and hugged him when he came out from kindergarten at Dr. Martin Luther King Elementary in Providence, R.I., on Friday.

"I don't know how to explain insanity and evil to a five-year-old," she said. "I don't know that he can really grasp it."

Even the youngest schoolchildren are likely to hear about it, said Glenn Saxe, chairman of the department of child and adolescent psychiatry at NYU Langone Medical Center.

"It's really important, especially at this time, for parents to check in with their kids, to be attuned to how they're feeling, how they're doing and to answer questions honestly and straightforwardly," he said. "For any other kid in school, this has meaning. Parents need to understand that even in surprising ways, this can affect their kids."

Parents can start by asking their children what they've already heard and what questions they have, said Dr. David Schonfeld, a pediatrician and director of the National Center for School Crisis and Bereave-

Safety at school

As students head back to their classrooms on Monday, parents and children should know that school shootings are rare and schools still are among the safest places, said William Lassiter of the Center for the Prevention of School Violence. Parents can ask their principal or parent-teacher group for a copy of their school crisis plan.

Notice whether schools stick to their own security plans, he said. Do people have to check in at the door and sign in at the front office, for example?

"A lot of times, the parents are the ones who need to remind the school," he said.

ment at Cincinnati Children's Hospital Medical Center. If they ask why someone would do something like this, it's OK to say you don't know.

"I wouldn't provide false reassurance or dismiss legitimate concerns," he said. "We don't help children by telling them they shouldn't be afraid of things that are frightening."

Parents can tell their kids, "What is most important is that you're safe and you're going to be safe," said Dr. Louis Kraus, chief of child and adolescent psychiatry at Rush University Medical Center in Chicago.

Above all, parents need to try to help their children feel safe, he said. Helping kids return to or maintain normal routines can help minimize their anxiety, Kraus said.

Some children may ask the same questions over and over as a way to seek reassurance, and parents shouldn't dismiss them, said Dr. David Fassler, a child and adolescent psychiatrist in Burlington, Vt.

"Acknowledge and validate the child's thoughts, feelings, and reactions. Let them know that you think their questions and concerns are important



It's important to know what to tell your children after a tragedy. ISTOCK IMAGES

Gift buying for awkward people



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

So your dad has a new girlfriend and you're still warming up to her. Sure, she seems nice enough, but without knowing much about her personal tastes, what should you buy her for the holidays when your budget is already tight?

We've all been faced with the "what to buy for the awkward person in your life" dilemma. You don't want to waste your money or offend your boss, co-worker, a not-too-close friend, or someone your friend or family member is dating. You may even want to impress the person with something useful or miraculously thoughtful.

Before you hit up the mall for the latest infomercial gadget, understand the relationship of the person to you and what they mean to you today and in the future. If you and your brother-in-law are off to a rocky start, you may want to extend a thoughtful olive branch that could help mend a bridge or two. If it's your boss, watch what you spend so that you don't come off looking like a suck-up,

especially if your coworkers find out.

Determine the appropriate price point for the person. Have an open discussion with friends and family members in advance and set limits. This might be an opportune time to introduce the idea of a frugal Secret Santa gift exchange where you're only responsible for buying one gift for one person.

Be resourceful. Investigate what the person would want or need. Listen carefully when in conversation to see if they give away any hints. Ask someone who knows them well what they'd enjoy. Are they a coffee connoisseur or movie buff? If so, perhaps a travel mug, which reduces waste and saves a few pennies at the till, or a gift card to the movies, would be appropriate.

Cash in your loyalty rewards toward the gift so you don't have to dig deeper into your wallet. Better yet, forget buying a gift and make a donation on behalf of your coworkers to a well-known charity.

Overall, stop while you're ahead. You don't need to buy gifts for everyone in your life. This results in overspending or spreading out your budget so thin that you'll end up buying junk for people rather than something useful or thoughtful. If you've got loads of people you'd like to please with presents, try baking or making something small and thoughtful.

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SPECIAL SERVICES

Christmas Eve ~ Christ Candle

4:00 p.m. Family Service

Featuring the participation of Children and Families

11 p.m. Communion Service

Candlelight, Carols, Quiet Reflection

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Advent & Christmas Schedule

Sunday, December 23, Advent IV
8:00 am Said Holy Communion
10:30 am Choral Holy Communion

Monday, December 24, Christmas Eve
4:00 pm Children & Families'
Christmas Pageant. *All are welcome to
join this service (no preparation required).*

10:30 pm Special Music
11:00 pm Midnight Mass with candles
and special music

Tuesday, December 25, Christmas Day
10:30 am Choral Holy Communion

**Sunday, January 6, The Feast
of the Epiphany**
8:00 am Said Holy Communion
10:30 am Choral Holy Communion
5:00 pm Lessons & Carols
*Music will include works by Boris Ord,
Herbert Howells, Benjamin Britten,
Peter Wishart and John Byrt.*
*The service will feature the Parish
Choir and the Junior Choir, joined by
Ellen Gibling on concert harp, who
will present a 20 minute prelude
of seasonal music.*

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We welcome you to our Christmas & New Year's Celebrations

Christmas Mass Schedule

Christmas Eve, Dec 24: 7:30pm • 11:00pm

Christmas Day, Dec 25: 9:00am • 11:15am

New Year's Day Mass Schedule

Jan 1: 9:00am • 11:15am

New Year's Levee

Jan 1: 12:30pm-2:00pm



Christmas and New Year's Mass Schedule

Christmas Eve

8:00 pm • *Carols at 7:30 pm* • 12:00 Midnight
Organ recital by Alan Fraser at 11:10 pm
Carols at 11:30 pm

Christmas Day

7:30 am • 10:30 am • *Carols at 10:00 am*

December 26

12:15 daily Mass • 5:15 daily Mass
No Confessions

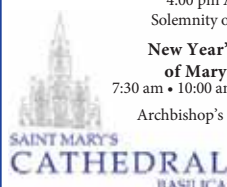
New Year's Eve

4:00 pm Anticipated Mass for
Solemnity of Mary, Mother of God

New Year's Day - Solemnity

of Mary, Mother of God
7:30 am • 10:00 am (*note changed time*) • 5:00 pm

Archbishop's Levee: 11:00 am-12:00pm



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Men's soccer

Canada to name interim coach

Canada will name an interim men's coach to handle January soccer friendlies with Denmark and the U.S., according to the president of the Canadian Soccer Association.

The games are the first for Canada since it crashed out of World Cup qualifying in an 8-1 defeat in Honduras in October. Halifax resident Stephen Hart, despite support from his players, resigned days later as coach.

The search for his replacement is ongoing.

The Canadian men, currently ranked 60th in the world, are slated to play No. 22 Denmark in Tucson on Jan. 26 before facing the 27th-ranked Americans three days later in Houston.

With European-based players still in season, the Canadian squad will likely draw on MLS players and younger talent.

"We will not have a coach in place for the Jan. 26 game so we're looking to deal with that internally," Canadian association president Victor Montagliani said prior to Monday's announcement of the U.S. friendly.

"Our first priority is to get the right person and secondly we have a soft date of getting one before the Gold Cup (the CONCACAF championship, scheduled for July in the U.S.).

"By the same token if it's not the right person and we need to wait a little bit longer, that's fine."

That would also cover a scenario where the right candidate isn't available until later in the year.

"There's so many variables when you're looking at this," said Montagliani. "It's not your standard employment situation."

At its recent board meeting, the Canadian Soccer Association established some timelines for filling the job, starting with creating a short list in the new year.

"We've had a significant amount of interest from all over the world," Montagliani said.

THE CANADIAN PRESS



Stephen Hart, former coach of Canada's men's soccer team.
TORSTAR NEWS SERVICE FILE



Greg Plummer of the Halifax Rainmen grimes while trying to grab the rebound from Summerside Storm's Nick Evans during National Basketball League play at the Halifax Metro Centre on Sunday afternoon. JEFF HARPER/METRO

Rainmen hoping free-ticket offer helps bolster attendance

Slow and steady.

Owner says he's committed to 'team excellence' and long-term growth



ANDREW RANKIN
andrew.rankin@metronews.ca

Andre Levingston can see the day when fans arrive at the Metro Centre in droves to watch the Halifax Rainmen.

It probably won't happen this season but as team owner he believes it's not that far away. Averaging slightly north of 2,500 for home contests, the Rainmen lead the National Basketball

Quoted

"The Mooseheads didn't start out averaging 9,000 fans. It took some time." Halifax Rainmen owner Andre Levingston

League of Canada in attendance. Levingston's aware of the building's seating capacity of 11,000. But he has a plan.

"It's about getting people out to see a quality product and after that things take care of themselves," he said.

"I don't think anyone has ever left the Metro Centre and said, 'You know what, I didn't enjoy that.' It's about getting more people seeing the product, realizing this is their organization. I own it, but it's theirs. We want it to be around when I'm not

around anymore."

As a means to that end, the Rainmen's major sponsor, Eastlink, is offering free tickets to Halifax's Dec. 30 home matchup against the Montreal Jazz at 2 p.m. A voucher for four tickets is available through Eastlink and can be used through any Ticket Atlantic location for free seats to the game.

Just last week the team announced a new 13-member corporate advisory board focused specifically on bolstering attendance. The group includes Eastlink CEO

Lee Bragg and Don Mills, chairman and CEO of Corporate Research Associates.

"They give us new tentacles into the business community," said Levingston. "We're going to be doing some unique things. We will start to see a difference in attendance at that arena."

Levingston, who'd like to see average attendance at about 5,000, says he's nowhere near panic mode.

"It takes time to build a business. This is definitely not a sprint. We're trying to build this the right way."

"I'm sure people understand my commitment lies in excellence."

The Rainmen are back at the Metro Centre Friday when they host the Summerside Storm at 7 p.m.

Women's soccer. Sinclair announced for Halifax sports celebrity dinner

Guess who is breaking bread in Halifax early next year?

The Canadian Progress Club announced Monday that Canadian soccer star Christine Sinclair, who recently won the 2012 Lou Marsh Award for Canadian Athlete of the Year, will be taking part in its 41st

annual sports celebrity dinner on Feb. 7.

The dinner is taking place at The Cunard Centre.

"Having Christine Sinclair join the all-star cast for this year's dinner has created an incredible buzz and excitement among the sports community

across the province," said event co-chair Steve Murphy.

Last week, it was announced that Stanley Cup champion Brett Hull would also be taking part.

More names are expected to be announced in the coming weeks. METRO



Christine Sinclair GETTY IMAGES

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Dickey could become legend in T.O.



R.A. Dickey, the National League's Cy Young award winner in 2012, passed a physical on Monday and signed a two-year extension with the Blue Jays with a club option for the 2016 season. ALEX TRAUTWIG/GETTY IMAGES



ETHAN ROTBERG
ethan.rotberg@metronews.ca

After signing a contract extension and passing his physical, R.A. Dickey joined the Blue Jays through a seven-player trade with the New York Mets.

There are a lot of reasons to be skeptical of Dickey. It's the easy perspective to take, so here it is:

He is 38 years old. He has no ulnar collateral ligament in his pitching arm. He throws the most fickle and unpredictable type of pitch: The knuckleball. And before he joined the Mets in 2010, he pitched to truly awful results. In his only major-league appearance in 2006, he surrendered six home runs to the Tigers without escaping the fourth inning.

But now Toronto might be called the favourite to win the World Series. That's because there are also reasons to trust Dickey. So here's the other perspective:

His age does not reflect where he is in his career. Historically, knuckleball pitchers stay effective much longer than their velocity-obsessed cohorts. Fellow knuckleballer Tim Lincecum had one of his finest seasons at the age of 41.

Deal details

- The Jays gave up prized young catcher Travis d'Arnaud to the New York Mets as part of a package.
- Toronto signed Dickey to a two-year contract extension for \$29 million US, with a \$12-million option for the 2016 season.
- The Jays also acquired catcher Josh Thole and minor-league catcher Mike Mickeas, while the Mets received catcher John Buck, minor-league right-hander Noah Syndergaard and minor-league outfielder Wuilmer Becerra.

THE CANADIAN PRESS

before his mastery of the pitch in 2010. Since then, he has continued to make significant adjustments. In 2012, he relied more on a hard knuckleball. A pitch zigzagging toward the plate at upwards of 80 m.p.h. To throw that fast is rare for a knuckleballer. It allowed him greater control — minimizing walks and leading the National League in strikeouts.

Born without the UCL — a ligament on the inner side of the elbow — Dickey shouldn't be able to turn a doorknob without feeling pain. But he can. And he can also throw the filthiest pitch in baseball. Save your Stephen Strasburg changeup, Justin Verlander fastball and Roy Halladay curveball. Dickey's knuckleball makes hitters look silly.

As a baseball player, Dickey is something special. He writes books. He climbed Mount Kilimanjaro to help raise awareness of human trafficking in India. He gives away tickets to underprivileged children.

Imagine a player with the dominance of a Halladay and the folk-hero following of John McDonald.

More important, Dickey has improved as he's entered his late-30s — culminating in 2012's Cy Young award.

Simply put, R.A. Dickey seems to be at his peak. Even if he regresses, he could still be an elite pitcher, bewildering hitters from the Rogers Centre mound for the next three years.

Dickey didn't always throw the knuckleball, so it's nearly useless to analyze his career

Lockout

NHL, players not planning to meet

The standoff continues for the NHL and NHL Players' Association.

Another day passed without communication between the sides, who have no plans to return to the bargaining table and appear to be digging in. Both say they are prepared to meet, but neither seems willing to make the first move.

"We've always been willing and ready to bargain," NHLPA special counsel Steve Fehr told The Canadian Press on Monday night. "It seems like the league has ... paused or cut the process off several times over the last few months. I don't know that we ever have."

"We're ready to meet whenever they're ready to meet."

According to Fehr, he and deputy commissioner Bill Daly last communicated with each other by email on Friday night. Daly said that there had been no miscommunication between the parties.

"They know where we are and we know where they are," he said. "We are still a long way apart. I'm sure if either one of us has a new idea for moving the process forward, we know how to get in touch."

THE CANADIAN PRESS



Jets' playoff hopes grounded

New York Jets quarterback Mark Sanchez walks off the field in the fourth quarter against the Tennessee Titans on Monday in Nashville, Tenn. Sanchez threw four interceptions and the Titans beat the Jets 14-10 to eliminate New York from playoff contention.

ANDY LYONS/GETTY IMAGES

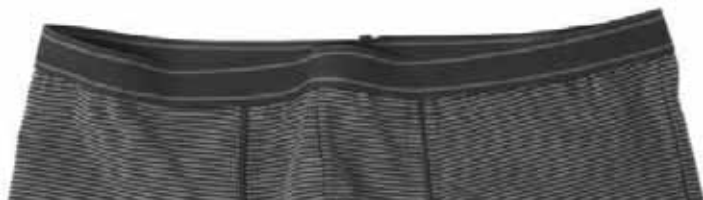


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The Canadian Testicular Cancer Association themanathlon.ca



Horoscopes

Aries

March 21 - April 20

It may be hard to tell fact from fiction today, so don't jump to conclusions. What others say and what others mean are likely to be two different things, so it's essential that you read between the lines.

Taurus

April 21 - May 21

Attitude is everything, especially on the work front where you need to convince yourself that all things are possible. Your thoughts, more than ever today, will create your reality. Think success and you will be a success.

Gemini

May 22 - June 21

You would be wise not to make any major decisions or announcements today. You may be bursting to tell the world about what you have done but you will get a much better response if you leave it a while.

Cancer

June 22 - July 23

You are in danger of making something that is not that important appear bigger than it actually is. Your task today is to focus your mind on something that makes you feel good, something that lifts your spirits to new heights.

Leo

July 24 - Aug. 23

Don't be too eager to make changes today because there is a lot you don't know. That applies to all areas of your life but especially to your work and career. Hints and gossip could easily mislead you.

Virgo

Aug. 24 - Sept. 23

Most of the time, you put logic before emotion but today's aspects warn you could go right the other way and act on feelings alone. Will it pay off? Maybe not, exactly, but no great harm will come of it.

Libra

Sept. 24 - Oct. 23

You will get conflicting information from people with different agendas today and there is no way of knowing who is telling the truth. Therefore, you must ignore everything and act only on what your inner voice tells you.

Scorpio

Oct. 24 - Nov. 22

You are reading too much into a situation that is really quite simple. Not only that, but certain individuals are trying to influence your thinking to make you feel insecure. Don't let it happen. Believe in yourself.

Sagittarius

Nov. 23 - Dec. 21

If knowledge is power then it stands to reason that the more knowledge you have about what is going on, the more power you have to influence the outcome. But don't give knowledge away or your power will fade.

Capricorn

Dec. 22 - Jan. 20

Someone will go out of their way to make life difficult for you today, but if you stay calm and refuse to react you will do your reputation a power of good. Always behave as if the world is watching you.

Aquarius

Jan. 21 - Feb. 19

You could easily allow yourself to believe that you can do or say anything without repercussion, which is a dangerous attitude to take. Think before you act today. It could save you a lot of trouble.

Pisces

Feb. 20 - March 20

You may think that by supporting certain causes you are doing good in the world but are you truly committed on a personal level? One cause above all others is precious to you — give it your undivided attention. **SALLY BROMPTON**

Crossword

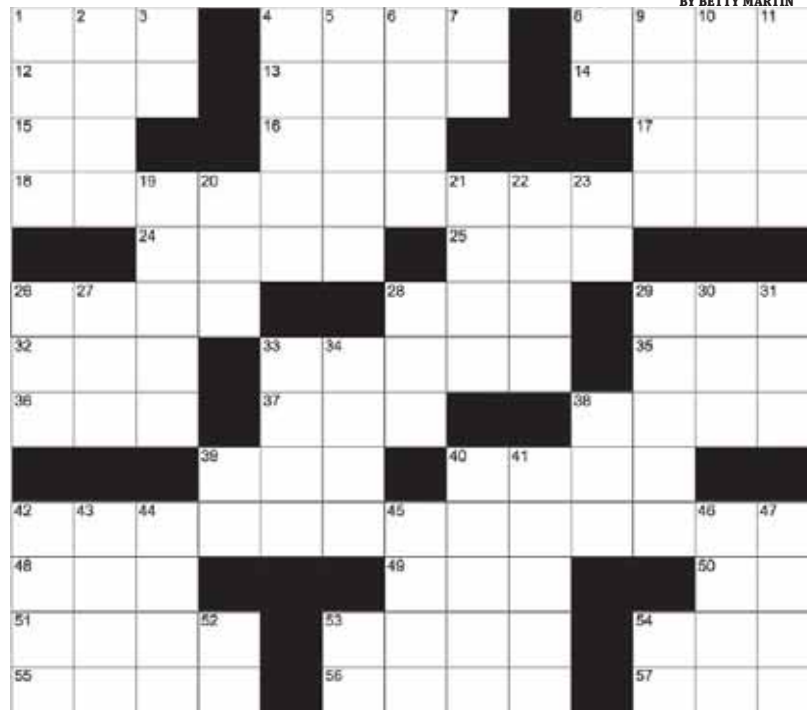
Across

1. Soft throw
4. Pull behind
8. Portico
12. French soul
13. Called up
14. TV executive Griffin
15. What Gloria called Edith
16. Invoice abbr.
17. Old model car
18. Rain or snow
24. Part of the eye
25. Tic tac toe win
26. Editing mark
28. Sanford and —
29. Coral reef
32. Summer cooler
33. Parisian school
35. Beer
36. Writing implement
37. Contented sighs
38. Elevator pioneer
39. —: Crime Scene Investigation
40. Rattle
42. Susan Lucci daytime soap (3 words)
48. Island welcome
49. Actor Wallach
50. "—the Right Thing"
51. Work on the street
53. General vicinity
54. Gun the engine
55. Olden sword
56. Workplace ogre, sometimes
57. Found on 39 across (abbr.)

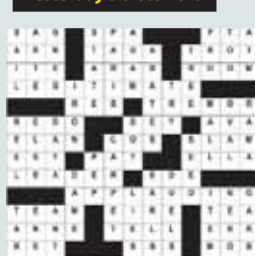
Down

1. Desktop fixture
2. Actor Sharif
3. Who Wants to — a Millionaire?
4. Let the water out
5. Highway exits
6. Hostile
7. "I Will Survive" singer (init.)
8. Size before med. and lg.
9. Actress — Hatcher
10. Black and white cookie
11. Big name in cosmetics
19. Comic DeGeneres
20. So-so grade
21. Hammer or saw
22. First class (2 words)
23. "—Sir, With Love"
26. Drop bait lightly on the water
27. Dutch city
28. Distress call letters
29. Prepare food for a party
30. Living It Up! With — and Jack
31. Affirmative
33. Moderate
34. Elegant
38. This — House
39. She played Katherine Wellington on Harper's Island (init.)
40. Irritates
41. Assumed name
42. Swiss mountains
43. List
44. Inhabit
45. Medal recipient
46. Paradise
47. Star
52. Shoe width
53. Blood type
54. Host of '70s Family Feud (init.)

BY BETTY MARTIN



Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	7	9	5	1	3	4	8	2
4	3	8	9	6	2	7	1	5
5	1	2	4	7	8	6	9	3
1	8	6	7	5	9	3	2	4
2	5	4	6	3	1	8	7	9
7	9	3	8	2	4	1	5	6
3	2	5	1	4	7	9	6	8
9	4	1	2	8	6	5	3	7
8	6	7	3	9	5	2	4	1

		8			2			4
9				5				
		5				8	7	
1			2	7				5
3			5		6			9
2				3	1			7
	6	7					2	
				9				8
8			1			5		

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4°/2°
Cloudy
40%

Wednesday

3°/-1°
Rain and snow
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CITY (A/T): 8.6L/100KM

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CITY (A/T): 8.0L/100KM

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AUDIO CONTROL

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CITY (M/T): 6.9L/100KM

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Atlantic Kia dealers for Atlantic drivers.

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by January 2nd, 2013. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. ¹0% purchase financing is available on select new 2013 Kia models on approved credit. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Rio5 LX MT (R0551D) based on a selling price of \$15,729 (includes \$1,000 Everybody Wins savings, delivery and destination fees (\$1,455), PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable)) financed at 0% APR for 36 months. 78 bi-weekly payments equal \$189 per payment with a down payment/equivalent trade of \$0. License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. See dealer for full details. ²Every eligible contestant will win (subject to correctly answering a skill-testing question) an Instant Win prize consisting of a discount in an amount from \$1,000 to \$10,000 towards the purchase or lease of any new 2012 or 2013 Kia vehicle. One Grand Prize consisting of a \$25,000 cheque will be randomly awarded from among all eligible contestants at the conclusion of the contest. No purchase necessary. Contest open to Canadian residents with a valid driver's license over the age of majority, odds of winning a particular discount vary by prize and by region. See Kia.ca or your participating Kia dealer for complete contest rules. ³2013 Kia Rio and Rio5 awarded the "Best of the Best Finalist" by Canadian Automotive Jury (CAJ). Visit thecanadianautomotivejury.ca for full details. ⁴Cash purchase price for 2013 Optima LX MT (R0541D) is \$19,229 and includes a cash savings of \$3,400 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers), \$1,000 Everybody Wins savings, delivery and destination fees of \$1,455, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Based on the Manufacturer Suggested Retail Price of \$23,629. Retailer may sell for less. Available at participating dealers. See dealer for full details. ⁵\$3,400 cash savings on the cash purchase of an eligible new 2013 Optima LX MT (R0541D) from a participating dealer between December 1, 2012 – January 2, 2013. Cash savings is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. See your dealer for complete details. ⁶Bi-weekly finance payment (on approved credit) for new 2013 Forte Sedan LX+ AT (R074PD)/2013 Rio4 LX+ AT (R074SD) based on a selling price of \$20,329/\$18,329 is \$107/\$102 with an APR of 0.9%/1.99% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$5,501/\$5,200 plus applicable taxes due at end of 60-month period. Offer includes a down payment of \$0, \$1,000 Everybody Wins savings, \$500 loan savings, delivery and destination fees (\$1,455), PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. See dealer for full details. ⁷Loan savings for 2013 Forte Sedan LX+ AT (R074PD)/2013 Rio4 LX+ AT (R074SD) is \$500 and is available on purchase financing only on approved credit. Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. Some conditions apply. ⁸Model shown Manufacturer Suggested Retail Price for 2013 Optima SX Turbo AT (R074BD)/2013 Forte SX Luxury AT (R074XD)/2013 Rio4 SX with Navigation AT (R074ND) is \$35,550/\$27,150/\$23,450. Includes delivery and destination fees of \$1,455 and A/C charge (\$100, where applicable). License, insurance, applicable taxes, PPSA, other fees and certain levies (including tire levies), variable dealer administration fees (up to \$699) and registration fees are extra. Retailer may sell for less. Available at participating dealers. See dealer for full details. ⁹The Bluetooth[®] wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. ¹⁰Highway/city fuel consumption is based on the 2013 Optima 2.4L GDI 4-cyl (A/T)/2013 Forte Sedan 2.0L MPI 4-cyl (A/T)/2013 Rio4 1.6L GDI 4-cyl (M/T). These updated estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit Kia.ca or call us at 1-877-542-2886. 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